Obesity in children is a common health problem that has spread widely because of the fast-food restaurants overflow. All kids can’t resist their tasty meals which have high calories. This essay will discuss some reasons for obesity in children and potential strategies for combating it.  
  
There are several reasons for obesity, bad eating habits that start from early childhood caused by parents. Mother's wrong behaviour to feed their kids unscheduled meals because they think that fat kids are healthier. While in real they are programming their children bodies to eat any time even before sleeping. Eating late doesn't allow the stomach to rest in night and that lead to serious health problems which can evolve through children life. Another reason contributes in child obesity the seductive by fast food restaurant which offers junk food with toys and as you know all children attached to toys. They will do whatever it takes to get a new toy.  
  
The sooner parents remedy the problem whenever it safer. First thing parents should do, be strict and put some rules about eating habits. For example, no snacks between meals and they ought to eat vegetables daily. Then, don’t treat then with cookies and sweets or promise them that they would take them to any fast food restaurant. Allow them that once a month if they obey the rules. Also, parents should be an ideal and encourage their kids to enrol in sport.  
  
In conclusion, if the obesity in adults is a problem then the obesity in children consider as a complex problem. Because an old person can stick to particular diet or any exercise program, while a young child can't easily commit to any of these solutions.